

# Planning Discussion

1. What is overload?
2. What is burnout?
3. What makes a good plan?
4. What is the SMART model in planning?
5. How does the SMART model help us construct an ideal and actionable plan?
6. How does effective planning help us to prevent overload and burnout?
7. What should you do when your plans go awry (not as intended; off course)?

## Planning (Continued)

1. What do I want? What do I intend to do?
2. Is the scope of my goal too broad?
3. What resources do I currently have available to me?
4. How do those resources contribute to achieving my goal(s)? Will they help or hinder me?
5. Based on what I'm currently capable of and the resources I have available to me, is my current goal realistic and achievable?
6. What am I doing right now to achieve the goal I have set for myself?
7. Can I improve upon the process in any sort of way?
8. Do I need to add something to or remove something from my current process to make myself more efficient and effective?